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CONTEST RULES....

©All you have to do is check ( ) the name of the team you think will win in the games listed in each ad on this page.

©The person picking the most games right will be declared the winner. The next best score will win second prize.

©In case of a tie, there will be TWO tie breakers: (1) The closest guess to the actual score of the Appomattox Varsity game . . . (or any other game so designated as a tie breaker.)
Be sure to fill in ACTUAL SCORES for these two games!

©Use this ENTIRE PAGE as your entry blank. No other means of entering will be accepted. Be sure to put your name and address in the space provided at the bottom of the page.

Mail page to: FOOTBALL, ©THE TIMES-VIRGINIAN, P.O. Box 665, Appomattox, Va.
©All entries must be received by 12 NOON ON FRIDAY OF EACH WEEK.
©Only one entry per person per week.
©Judges decision will be final.

©Employees of the Times-Virginian and their families are not eligible to enter the contest.

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GOOD NEWS FOR HOMEMAKERS

BY SHIRLEY W. WALTON
Extension Agent

POTATOES AND SWEET POTATOES

Many questions have been asked about the storing and preservation of potatoes and sweet potatoes. The following information is recommendation from the Extension Specialist in food and nutrition.

Potatoes do not freeze especially well. French fries are the most satisfactory frozen potato product. Boiled potatoes can be frozen but there will be a loss of quality.

Another factor to consider in deciding whether or not to freeze potatoes has to do with the cost of freezing. USDA research has disclosed that the cost of freezing a pound of food ranges from 9 to 19 cents depending on the total amount of food frozen. The lower cost is achieved when turnover is great. These cost figures include the cost of owning and operating a freezer and of packaging material, but not the food itself. The cost of freezing may exceed the value of the food.

Frozen French Fries

Select medium to large potatoes. Pare and cut lengthwise into uniform strips about 3/8 inch thick. Rinse quickly in cold water to remove surface stare. Dry thoroughly with towels.

Fill the fry basket one-third full of fat or oil, and heart to 375 degrees F., keeping the fry basket in the fat.

Raise basket and add raw potatoe strips to cover the bottom of the basket. Don't overload the frying basket. Raw potato strips are high in moisture content and when too many are put into the hot fat, the temperature drops excessively. This slows cooking and allows the strips to absorb more fat.

Lower basket gently into fat. Fry for about 4 minutes or until strips are cooked but not brown.

Remove basket from fat and drain. Turn parfries onto paper towels or other absorbent paper. Cool to room temperature. Pack cooled strips in cartons or plastic bags. Seal. Freeze; store at 0 degrees F. or below.

To use, thaw and brown in hot fat or leave frozen and brown in oven or broiler.

FREEZING NEW POTATOES

Boil until barely tender. Pack in plastic bags. Seal, freeze; store at 0 degrees F. or below.

CANNING POTATOES

Wash potatoes. Peel and cut into 1/2 inch cubes. Dip cubes in brine (1 teaspoon salt to 1 quart wate(to prevent darkening. Drain.

Cook potatoes for 2 minutes in boiling water. Drain.

Pack hot potatoes in jars. Add 1/2 teaspoon salt to pint jars; 1 teaspoon to quarts. Cover with boiling water, leaving 1/2 inch headspace. Remove air bubbles by running spatula or knife between jar and food. Adjust jar lids.

Process in pressure canner at 10 pounds pressure (240 degrees F).

Pint Jars .....35 minutres
Quart Jars.....40 minutes

STORING POTATOES

Potatoes can be stored rather satisfactorily for at least short periods of time without processing. Dig potatoes carefully and remove them from the garden to prevent sun and wind damage. Cure by holding potatoes in moist air for 1 to 2 weeks at 60 degrees to 75 degrees F. The curing heals skinned areas and small cracks, and thus helps to prevent decay. A storage temperature of 60 Degrees F is ideal for keeping early potatoes 4 to 6 weeks. A lower storage temperature of 35 Degrees and 40 Degrees F is desirable for winter storage of late potatoes.

Potatoes stored at about 35 Degrees F for several months tend to become sweet. This can usually be corrected by holding potatoes at about 70 Degrees F. for a week or two before use.

CANNING SWEETPOTATOES

Wash sweetpotatoes. Sort for size. Boil or steam just until skin slips easily. Skin and cut in pieces.

Pack hot sweetpotatoes into jars. Add 1/2 teaspoon salt to pint jars; 1 teaspoon to quarts. Cover with boiling water or medium syrup - 3 cups sugar dissolved in 4 cups water - leaving 1 inch headspace. Remove air bubbles by running spatula or knife between food and jar. Adjust jar lids.

Process in pressure canner at 10 pounds of pressure - 240 degrees F.

Pint jars .....55 minutes
Quart jars.....90 minutes

The small amount of salt used adds flavor but may be ommited.

Sweet potatoes are very easy to can at the community cannery. Should you have questions about how to do this, check with the cannery instructor.

FREEZING SWEETPOTATOES

Choose medium to large mature sweetpotatoes that have been cured. Sort according to size and wash.

Cook until almost tender in water, in steam, in a pressure cooker, or in the over. Let stand at room temperature until cool. Peel sweetpotatoes; cut in halves, slice or mash.

To prevent darkining, use an ascorbic acid mixture or orange juice or lemon juice.

Pack into containers, leaving 1/2 inch headspace. Seal. Freeze, store at 0 Degrees F. or below.

STORING SWEETPOTATOES

Sweetpotatoes that are well matured, carefully handled and properly cured can be kept for several months at 5 55 degrees to 60 degrees F.

Cure freshly dug sweetpotgatoes by holding them for about 10 days under moist conditions at 80 degrees to 85 degrees F. If you have to cure at temperatures of 65 degrees to 75 degrees, extend the curing period to 2 to 3 weeks.

Sweetpotatoes are subject to damage by chilling at temperatures of 50 degrees or below.

GLADYS' EXQUISITE PIE

2 eggs well beaten
1 cup sugar
1/2 cup butter or margarine
2 tablespoons vanilla
1/2 cup raisens
1/4 cup sweet milk
1/2 cup pecans
Pinch of salt

Mix as listed and pour into unbaked pie shell. Bake 45 minutes at 300 degrees F.

Many thanks to Gladys Harvey for sharing this delicious recipe with us. This pie is really good these fall nights with a cup of hot coffee or tea.

Tips For Better Farming With Winter Cover Crops

"Is the fall harvest an end to the summer crop or a beginning for winter cover crops? The use of winter crops is an important ingredient in no-till and minimum tillage cropping systems which are gaining rapidly in popularity," said Bob McClenny of the USDA Soil Conservation Service (SCS).

SCS encourages land preparation and the planting of winter cover crops when tobacco, corn, and soybeans are harvested in the fall.

McClenny explained the factors that need consideration before deciding on the kind of tillage needed and which cover crop to plant. Listed among these factors, and with equal importance, are: weed infestations, insect or disease problems, soil fertility levels, soil erosion problems, row crop to be grown next (rotation), time of year, potential use of cover crop, and any herbicide residues from the preceding crop.

If disease or insect problems are bad, or if soil tests call for the addition of lime or phosphate fertilizer, fall plowing or deep disking may be needed to incorporate crop residues, lime, fertilizer and herbicide residue into the soil. If these problems do not exist, then a light disking will usually provide adequate land preparation.

Most cropland in Appomattox and Campbell Counties is subject to severe erosion. Fall is a good time to start on a crop rotation to help reduce erosion. Crop rotations that include grasses and legumes can effectively reduce soil erosion and improve soil tilth and fertility. Such grasses and legumes as orchard grass and red clover do well when interseeded with small grains, such as oats, wheat or barley.

When planning for a no-tillage or reduced tillage planting system, rye is a good cover crop. It is winter hardy and provides heavy growth for good mulch and cover for the next growing season. Rye is also well suited for grazing if this is a desired use of the cover crop.

Caution is needed, however, when considering a field for no-till or minumum tillage planting. If the field is infested with Johnsongrass or Bermudagrass, look for other fields this year. Control of such weed problems is needed before reduced tillage methods will be successful.

One big benefit from winter cover crops is the amount of nitrogen made available to the following row crop. Marked increases in row crop yields have been found in recent years following winter cover crops with no additional nitrogen fertilizer being added. Research work done in Delaware indicates that as much as 120 lbs. of nitrogen may be contained in a good stand of rye and crimson clover.

Whether your interest in winter cover crops comes from the need for grazing, silage, soil improvement, or erosion control, there is a wide choice of plants to meet your needs. For grazing, you may consider the ryegrasses or rye. For hay, silage, soil erosion control, and soil improvement, consider using oats, rye, barley, wheat, small grain and crimson clover, or small grain and Austrian winter pea.

Comparing the multiple benefits with the relatively-low establishment costs, winter cover crops should be a necessary part of most farming operations. Complete your harvesting operation by using the right kind of fall tillage and cover crop. Next spring you will be glad you did!

SCS can provide planning assistance in establishing cover crops and crop rotations to cooperators of the Robert E. Lee Soil & Water Conservation District.

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